



# South Central District Health

*Keeping your family & community healthy*  
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## **PRESS RELEASE – For Immediate Release**

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### **Classes to Help Seniors Be ‘Fit and Fall Proof’ Begin in January**

Begin the New Year by becoming Fit and Fall Proof. South Central District Health is starting a six week series of “Fit and Fall Proof” exercise classes for seniors in the following areas: Eden, Kimberly, and Wendell. Classes begin in early to mid-January in all locations.

In 2003, more than 1.8 million seniors age 65 and older were treated in emergency departments for fall related injuries and more than 421, 000 were hospitalized, according to the Centers for Disease Control and Prevention.

Among those people who fall, 20% to 30% suffer moderate to severe injuries such as hip fractures or head traumas that reduce mobility and independence, and increase the risk of premature death.

“There is no cost or price that could offset a senior’s reduced mobility, reduced independence, increased admittance to long-term care facilities, and higher risk of premature death,” said Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator for South Central District Health. “But there is a way to prevent the results of falls by being more physically active.”

South Central District Health is offering low-impact exercise classes which help individuals increase their strength and balance while enjoying a social interaction with other participants. District Health encourages all seniors that live in or near the mentioned areas to join the exercise classes. Participants will enjoy meeting new people and have a good time while exercising.

For more information about the classes, contact South Central District Health at 737-5988.

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**Side Bar**

<b>Site</b>	<b>Location</b>	<b>Beginning Date</b>	<b>Time</b>	<b>Days of the Week</b>	<b>Cost</b>
Eden	Sacred Segregation Fire Station	January 9, 2007	10:30 a.m.	Tuesday & Thursday	None
Kimberly	Ageless Senior Center	January 15, 2007	10:30 a.m.	Monday, Wednesday, and Friday	None
Wendell	Living Waters Presbyterian Church	January 16, 2007	10:00 a.m.	Tuesday & Thursday	None

*Photo Caption: Fit and Fall Proof class participants from the Eden area participated in a January 2006 class.*

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